

Do you think if there's no smoke, there's no damage?  
**Think again.**



Smokeless tobacco is just as unhealthy as the tobacco in cigarettes. It can contribute to oral cancer, throat cancer, and a host of other diseases.

You know the benefits of quitting: improving your health, saving money, not to mention getting rid of the "ick" factor of spitting chew. Easier said than done, right?

Not anymore! Finally, there's a tobacco treatment program tailored to your needs. Our Quit Coaches are trained to know how quitting smokeless tobacco is different than quitting smoking. They will work with you one-on-one to develop a quitting plan that's right for you.

Quitting isn't easy, but we can make it easier.

Call **1.866.QUIT.4.LIFE** or visit **www.quitnow.net**  
1.866.784.8454

**Quit For Life<sup>®</sup>** Program